

HANDOUTS:

SALT SUBSTITUTE RECIPES

Instead of offering salt on your cafeteria tables, try different spice blends as a substitute for salt in the salt shakers. A few spice blend combination ideas are listed below. Combine all ingredients in amounts listed and blend thoroughly. Put in salt shakers. If the ingredients stick together, add a few grains of uncooked rice. Many salt-free seasoning blends are also available commercially.

Spicy Flavor Blend	Herbed Seasoning Blend
2 Tbs. Savory, crushed 1 Tbs. Powdered Mustard 2 1/2 tsp. Onion Powder 1 1/2 tsp. Curry Powder 1 1/4 tsp. Ground Cumin 1/2 tsp. Garlic Powder	2 Tbs. Dillweed or Basil Leaves, crushed 2 Tbs. Onion Powder 1 tsp. Oregano Leaves, crushed 1 tsp. Celery Seed 1/4 tsp. Grated Lemon Peel (dried) Dash Black Pepper
All Purpose Spice Blend	Seasonings for All Seasons
5 tsp. Onion Powder 2 1/2 tsp. Garlic Powder 2 1/2 tsp. Paprika 2 1/2 tsp. Powdered Mustard 1 1/4 tsp. Thyme Leaves, crushed 1/2 tsp. White Pepper 1/4 tsp. Celery Seed	1 tsp. Basil 1 tsp. Marjoram 1 tsp. Thyme Leaves, crushed 1 tsp. Oregano Leaves, crushed